

UNITED STATES DISTRICT COURT  
DISTRICT OF MASSACHUSETTS

_____	)	
UNITED STATES OF AMERICA,	)	
	)	
v.	)	Criminal No. 03-CR-10353-WGY
	)	
ROMAN VALDMA,	)	
Defendant.	)	
_____	)	

**AFFIDAVIT OF DR. JULIA I. OSTROV**

I, Julia I. Ostrov, being duly sworn, depose and state the following:

1. I am a doctor licensed to practice medicine in the Commonwealth of Massachusetts since 1988. I have been practicing medicine since 1970. My office is located at 209 Harvard Street, Suite 301, Brookline, Massachusetts 02446. I have been at that location for ten years.

2. I have been Roman Valdma's primary care physician since September 2000. On March 17, 2004, Mr. Valdma came to my office for a routine physical. Mr. Valdma's weight at that time was 210 pounds, which is slightly overweight for a person of his height and age.

3. On March 22, 2004, Mr. Valdma returned to my office so that I could conduct blood work. The results of my tests demonstrated that Mr. Valdma had a high cholesterol level.

4. Mr. Valdma's cholesterol level was 263. Cholesterol levels are considered normal up to a count of 199.

5. Mr. Valdma's low density lipids ("LDL") count was 178. This count should be below 130. LDL is what is commonly considered "bad cholesterol."

6. It is important that Mr. Valdma take steps to lower his cholesterol level and maintain a normal weight. Among the steps Mr. Valdma can take is to begin a routine of exercise at home and one hour of walking daily.

Signed under the pains and penalties of perjury, this 30th day of April, 2004.

/s/ Julia I. Ostrov, M.D.  
Julia I. Ostrov, M.D.

COMMONWEALTH OF MASSACHUSETTS

SUFFOLK, ss

Date: 4/30/04

Then personally appeared the above named Julia I. Ostrov, M.D. and acknowledged the foregoing signature to be her free act and deed, before me.

/s/ Matthew D. Thompson  
Matthew D. Thompson, Notary Public  
My Commission Expires: 10/09/09